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KANAWHA VALLEY SENIOR SERVICES

Helping Seniors Age Successfully

Living a long life is a blessing but at some point in time, we seniors begin to understand what the adage "growing old is not for sissies" actually means. Our senses fade, we experience phantom aches and pains, our joints stiffen, our legs don't carry us as far or as fast as they used to. We need a handrail to climb the stairs, opening a jar of pickles becomes a project and we even shrink so those second and third shelves seem far, far away. These factors and others are a source of physical and emotional stress.

It is well established that staying active and socially engaged are crucial to maintaining physical and emotional well-being. The National Institute of Health identifies the benefits of senior exercise to include Improved strength, balance and flexibility, better joint health and circulation, enhanced mental and emotional health and greater functional independence and more.

KVSS mission statement is "helping seniors age successfully". A measure of that success is how well we manage the many challenges before us. Many seniors, especially those with mobility and balance issues, believe that an effective regimen of exercise is not within their ability. Not so. At KVSS, we offer a full array of group exercise opportunities for every fitness level.

Sitting Fit is a series of three seated exercises sessions designed for seniors. The exercises can also be done standing, if preferred. Each session begins with hand exercises designed to ease arthritis, strengthen grip and improve dexterity. Monday sessions focus on cardio, coordination and range of motion. Tuesday sessions uses resistance bands for effective full body strengthening. Thursday sessions uses chair yoga for relaxation and range of motion enhancement. All sessions begin at 10:30 AM.

Tai Chi is a form of mild-to-moderate aerobic activity that is often recommended for older adults to slow the decline of physical and cognitive functions. It is a traditional Chinese medicine exercise that consists of slow continuous movements coordinated with breathing as well as mindfulness. Sessions focus on muscular strength, flexibility and improved immunity. Classes are held every Tuesday and Thursday with the advanced class at 1:30 pm and the beginners class at 2:45 PM.

QiGong is the practice of developing awareness and control of inner life energy for therapeutic and healing purposes. "Qi" is referred to as cultivating internal energy and "Gong" refers to the gradual accumulation of knowledge, skills and abilities. Sessions are held on Wednesday and Friday at 2 pm.

So, whatever your fitness level, we invite you to join us in our quest to age successfully!

Guest Article by Frieda Forsley, KVSS Volunteer



**PLEASE DONATE TO
KVSS BY USING YOUR
KROGER CARD!**

**LINK YOUR SHOP-
PER'S CARD TO YOUR
ACCOUNT SO THAT
ALL TRANSACTIONS
APPLY TOWARD
KVSS!
KVSS—WG819**

**KVSS participates in the
Fidelity Charitable Giving
Program**

<https://>

**[www.fidelitycharitable.org/
giving-account/giving-
account-details.html](https://www.fidelitycharitable.org/giving-account/giving-account-details.html)**

Check out our website at <https://kvss.org/>



Find us on Facebook @ [KanawhaValleySeniorServices](#)



Medicare Advantage Supplemental Benefits

Some Medicare Advantage plans may have supplemental benefits. These are services that Original Medicare cannot cover. But not all supplemental benefits are the same! Let's review what you should know about these extra benefits.

What are supplemental benefits?

A supplemental benefit is an item or service covered by a Medicare Advantage plan that is not covered by Original Medicare. Common supplemental benefits include:



Dental care



Vision care



Hearing aids



Gym membership

Supplemental benefits can be:

- **Optional:** They are offered to everyone enrolled in the plan. You can choose to purchase coverage if you want. For example, an optional dental benefit for which you can pay an extra premium.
- **Mandatory:** They are covered for everyone enrolled in the plan. For example, a gym membership benefit that's included in the plan. You don't pay an extra premium, and you can't decline or opt out of the benefit. Mandatory doesn't mean you need to use it, though.

Supplemental benefits must be primarily health related. There are some exceptions, though, for people with chronic conditions. See the following section for more.



Need help comparing Medicare Advantage plans and understanding supplemental benefits? Contact your State Health Insurance Assistance Program (SHIP). Call 877-839-2675 or visit www.shiphelp.org.

CROCKPOT CHICKEN AND DUMPLINGS



INGREDIENTS :

- 6 boneless skinless chicken thighs, chopped
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 tablespoon canola oil
- 3 celery ribs, chopped
- 2 medium carrots, peeled and chopped
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 1/3 cup all-purpose flour
- 4 cups chicken broth, divided
- 2 bay leaves
- 1 teaspoon dried thyme

• DUMPLINGS:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup whole milk
- 4 tablespoons melted butter

DIRECTIONS:

1. SPRINKLE CHICKEN WITH 1/4 TEASPOON SALT AND 1/4 TEASPOON PEPPER. MEANWHILE, IN A LARGE SKILLET, HEAT OIL OVER MEDIUM-HIGH HEAT. ADD CHICKEN; COOK AND STIR UNTIL NO LONGER PINK, 6-8 MINUTES. TRANSFER TO A 6-QT. SLOW COOKER.
2. IN SAME SKILLET, COOK CELERY, CARROTS AND ONION UNTIL TENDER, 6-8 MINUTES. ADD GARLIC, TOMATO PASTE AND REMAINING SALT AND PEPPER; COOK 1 MINUTE. STIR IN FLOUR; COOK 1 MINUTE LONGER. WHISK IN 2 CUPS CHICKEN BROTH; COOK AND STIR UNTIL THICKENED. TRANSFER TO SLOW COOKER. STIR IN BAY LEAVES, THYME AND REMAINING CHICKEN BROTH.
3. FOR DUMPLINGS, WHISK TOGETHER FLOUR, BAKING POWDER, SALT AND PEPPER IN A LARGE BOWL. STIR IN MILK AND BUTTER TO FORM A THICK BATTER. DROP BY 1/4 CUPFULS OVER CHICKEN MIXTURE. COOK, COVERED, ON LOW UNTIL BUBBLY AND DUMPLINGS ARE SET, 6-8 HOURS. DISCARD BAY LEAVES. REMOVE INSERT AND LET STAND, UNCOVERED, FOR 15 MINUTES.



Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Open Enrollment to make sure your coverage will meet your needs in 2026.

If you would like to speak to our SHIP (Medicare) Counselors please call first at 304-348-0707.

The Anatomy of a Scam: How Medicare Fraud Works and How to Spot

Every year, scammers steal billions from the Medicare program – money meant to support the health and well-being of older adults. These scams don't just impact the system; they can harm your health, increase the cost of care and insurance, and lead to denied coverage when it is really needed. Understanding how a Medicare scam works is the first step to protecting yourself and your loved ones. Let's break down the anatomy of a typical Medicare scam.

Step 1: The Hook—Scammers start by gaining your trust. This might come in the form of a phone call, a text message, a knock at the door, or even a pop-up ad online. They may pretend to be from Medicare, a medical provider, or a trusted organization. Common tactics include offering “free” medical equipment, genetic testing, or new Medicare cards. Medicare will never call you out of the blue to ask for your personal information.

Step 2: The Ask—Once they have your attention, the scammer will ask for your Medicare number. They might say it's needed to verify your identity or to send you a benefit or device. Some will try to rush or pressure you into sharing information before you have time to think it through. If it feels urgent or too good to be true, it probably is.

Step 3: The Fraud—With your Medicare number in hand, scammers can bill Medicare for services or supplies you never received or never ordered. You may not even notice unless you carefully read your Medicare Summary Notice or Explanation of Benefits. Charges for equipment, tests, or services you don't recognize.

Step 4: The Fallout—Medicare fraud puts your benefits and your health at risk. If someone bills Medicare in your name, it could limit your access to the care you really need later on. It can also lead to identity theft and financial stress.

How to Protect Yourself:

- ⇒ Never share your Medicare or Social Security number with someone who contacts you unexpectedly.
- ⇒ Be skeptical of “free” offers – nothing is ever truly free if they need your Medicare number.
- ⇒ Review your Medicare statements regularly and report anything suspicious.
- ⇒ When in doubt, hang up and call 1-800-MEDICARE or your local Senior Medicare Patrol (SMP). Scammers are clever, but with awareness and caution, you can stay one step ahead. Know the signs, trust your instincts, and report fraud. You are the first line of defense.

KVSS ACTIVITIES SCHEDULE

1710 Pennsylvania Avenue

Craft Class

Every 2nd Friday of the month
10:00 am



Bingo

Every 3rd Wednesday of the month
10:30 am



Painting Class

Limited Spots
Every Monday @ 10:00 AM

Sitting Fit

Every Monday and Thursday
10:30 am

Strength Training

Every Tuesday
10:30 am

Tai Chi for Arthritis

1:30 pm Advanced Tuesdays and Thursdays
2:45 pm Beginners Tuesdays and Thursdays

QiGong

2:00 pm Wednesdays and Fridays

ZUMBA FREE CLASS

10:00 am Wednesdays



**Join Kanawha Valley Senior Services and WVSU in October for
Health Literacy awareness month.**

WVSU is offering a health literacy program here at KVSS located at 1710 Pennsylvania Avenue in Charleston! The program will occur every Friday at 1:00 PM on October 10, 17, 24 and 31. **Participants will receive a health journal , a gift card from Walmart and light hospitality prior to each event.**

Health literacy is a process that will improve communication between the patient and their health care professionals, making it more effective and improve the overall status of the patient.



Halloween BINGO
Wednesday, October 29th @
10:30 AM



WV Attorney
General's Office
Wednesday, October 8th @
12:45 PM

FALL WORD SEARCH

H J N I F I P J K R F H R E T
A D M B Z O R U E T F J E Y H
L I U F T W O B M V R F W R A
L Y T N B R O T E P A J O E N
O Y U A Z T N Y B C K S L B K
W J A T C J D R S A E I F M S
E G L O F N D S O E L Q N E G
E S W E A T E R E C V L U V I
N C C C I D E R H L A A S O V
S I E D I R Y A H P P T E N I
O W O R C E R A C S U P M L N
W I Y C G V Y A F R G T A W G
N L D T E Y Y K K P I E I X E
J Q R S L X R E B M E T P E S
Y E T E V G Y T H W I C K U J

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY



October 2025
Kanawha Valley Senior Services
Senior Center Monthly Schedule
"Helping Seniors Age Successfully"

Monday	Tuesday	Wednesday	Thursday	Friday
DONATIONS HELP TO COVER THE COST OF A MEAL		1 10:00 Zumba 11:45 Lunch 2:00 Qigong	2 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	3 11:45 Lunch 2:00 Qigong
6 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	7 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	8 10:00 Zumba 11:45 Lunch 1:00 Lunch & Learn WV AG Office 2:00 Qigong	9 10:30 Sitting Fit 11:45 Lunch	10 10:00 Craft 11:45 Lunch 1:00 WVSV Presentation 2:00 Qigong
13 Centers Closed Columbus Day	14 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	15 10:30 BINGO 11:45 Lunch 2:00 Qigong	16 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	17 11:45 Lunch 1:00 WVSV Presentation 2:00 Qigong
20 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	21 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	22 11:45 Lunch 2:00 Qigong	23 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	24 11:45 Lunch 1:00 WVSV Presentation 2:00 Qigong
27 10:00 Paint Class 10:30 Sitting Fit 11:45 Lunch	28 10:30 Strength Training 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	29 10:00 Zumba 10:30 BINGO 11:30 Halloween Party! 2:00 Qigong	30 10:30 Sitting Fit 11:45 Lunch 1:30 Advanced Tai Chi 2:45 Beginners Tai Chi	31 11:45 Lunch 1:00 WVSV Presentation 2:00 Qigong



Kanawha Valley Senior Services, Inc.
Senior Nutrition Program
"Helping Seniors Age Successfully"
1710 Pennsylvania Avenue
Charleston, WV 25302

Income	Suggested Donation	Sites	Phone
\$0-\$600	\$2.00	Charleston	304-348-0707
\$601-\$800	\$2.50	Chesapeake	304-949-5797
\$801-\$1000	\$3.00	Clendenin	304-548-4192
\$1001-\$1200	\$4.00	Elk River	304-965-3175
\$1201-\$1400	\$5.00	Hansford	304-722-6949
Over \$1400	\$6.00	West Sattles Rand	304-721-8465 304-925-9200

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 COOKS CHOICE	2 Ham Sweet Potatoes Green Beans Roll Pineapples	3 Pinto Beans Corn bread Roasted potatoes Greens Applesauce
6 Bone in chicken Scalloped Potatoes California vegetables Roll Tropical Fruit	7 Salisbury Steak Mashed Potatoes Corn Roll Peaches	8 Crabby Cake Sandwich Potato Wedges Pea Salad Cooked Apples	9 Beef Stew Crackers Mixed Greens Pears	10 Pork Chop Rice W/ Onion and squash Broccoli Roll Applesauce
13 CLOSED COLUMBUS DAY	14 Potato Crusted Pollock Scalloped Potatoes Peas and carrots Roll Mixed Fruit	15 Chili Grilled Cheese Broccoli Peaches	16 Hot Dogs Chili and Cole Slaw Potato wedges Applesauce	17 BBQ Chicken Breast Spinach Red Beans and Rice Roll Tropical Fruit
20 Italian Chicken Rice Brussel sprouts Peaches	21 Meat Loaf Mashed Potatoes Peas Roll Mandarin Oranges	22 Chicken Noodle Soup Side Salad Bread Stick Banana	23 Chicken Tenders Mashed Potatoes and Gravy Succotash Applesauce	24 Pork BBQ Sandwich Sweet Potato wedges Baked Beans Pears
27 Oven Roasted Chicken Mashed Potatoes and gravy Green beans Roll Pears	28 Chicken Teriyaki Rice Peppers and Onions California Vegetables Pineapples	29 Spooky Halloween Pigs in a Blanket Baked Beans Scalloped potatoes Apples, Dirt Cake!!	30 Cowboy Beans Potatoes O'Brien Corn Bread Greens Spiced peaches	31 Spaghetti Side salad Garlic bread Tropical Fruit

The Senior Nutrition Program is operated under a Federal Grant for persons aged 60 and over. This grant does not cover the cost of the meals, so donations are appreciated. All participants must have a completed Service Assessment Form annually to participate in this meal program. If you have any questions, please call 304-348-0707.



Happy Halloween!

BINGO AND COSTUME CONTEST



October 29th at 10:30am

**KVSS Dining Room
1710 Pennsylvania Avenue**

**Spooky Halloween Pigs in a Blanket
Baked Beans
Scalloped Potatoes
Apples and Dirt Cake**



PHONE: 304-348-0707

FAX: 304-348-6432

WWW.KVSS.ORG

E-MAIL: INFO@KVSS.ORG

Kanawha Valley Senior Services offers assistance to anyone age 60 and over in Kanawha County.

- ◆ Congregate Meals
- ◆ Transportation to medical appointments, pharmacy and grocery store
- ◆ Dementia respite adult day center and in home care
- ◆ Home delivered meals
- ◆ In home caregiver programs
- ◆ Social service assistance and referrals
- ◆ SHIP/SMP Counselors

KVSS Management Team: *Melanie Hirst, Executive Director, Vicki Stanley, Finance Manager, Stevie Shamblin, Executive Assistant, Martha Canterbury, RN Manager, Teresa J. Maloney, FHP Manager and Harry Myers, Nutrition Manager*

KVSS Board Members: *Steve Dale-President, Betty Ireland-Vice President, Kay Goodwin-Secretary, Bill Coyle-Treasurer, Mike Adkins, Sam Cipoletti, Susannah Carpenter, Jill Dunn, Jeff Fleck, Dan Foster, Patti Hamilton, Brenda Nichols-Harper, Barry Holstein, Jorea Marple, Chris Rawlings, and Rick Staton*

Kanawha Valley Senior Services, Inc.

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www.kvss.org
E-mail: info@kvss.org

DONATING TO KVSS IS EASY!

Curious about those QR codes? It's easy and fun! Just open your phone's camera and point it at the code on the right. Like magic, a link appears to tap and it takes you to a safe and secure site called Swipe Simple. You can quickly make a donation to support KVSS programs so give it a try and feel the joy of giving!

